

Recipe Name: Spinach Thalipeeth Recipe
Diet Type:
Course: North Indian Breakfast
Cuisine: Maharashtrian Recipes
Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Whole Wheat Flour	4
• 1/4 cup Rice flour	
• 1/4 cup Gram flour (besan)	
• 1 cup Spinach Leaves (Palak) - chopped	
• 1 Onion - finely chopped	
• 1 teaspoon Cumin seeds (Jeera)	
• 1 teaspoon Turmeric powder (Haldi)	
• 1 teaspoon Red Chilli powder	
• 1 teaspoon Cumin powder (Jeera)	
• Salt - to taste	
• Sunflower Oil - to smear	

Preparation

- To begin making the Spinach Thalipeeth Recipe, add all the ingredients into a bowl and slowly start mixing by adding lukewarm water.
- Knead it to a wet dough but not sticky.
- Cover with a damp cloth and rest for about 10 minutes.
- Now to prepare the Thalipeeth, place a non stick tawa/skillet on the heat.
- Spread out a large piece of plastic, or parchment paper on your work surface.
- Grease your palms with oil.
- Pinch a big ball of dough place it in the centre of the parchment or plastic.
- Then gently flatten it out to form a hand-patted disc.
- Lift the paper, along with the roti on it and turning it over, place it on the skillet with the rotti down on the hot skillet.
- Carefully supporting the rotti peel off the paper.
- Drizzle a little bit of oil along the edges of the roti and in the centre, into the hole made on the roti and



allow it to sizzle and crisp up.

- When it seems half cooked, flip the roti over with a spatula to cook the other side.
- Cook well till you have brown patches on both sides.
- Then, take the thalipeeth off the skillet, add a dollop of butter or ghee, and serve immediately.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
200	6	30	8	5	2

